

Periodic Health Assessment Online

Step-by-Step Tool for Navy IMR

August 2012



- Branch Health Center (BHC) NAVSTA Norfolk has implemented a new PHA process at the Deployment Health Center that will streamline service members through their PHA process .
- The new Online process will empower the individual service member to personally review and update his/her Individual Medical Readiness (IMR) with minimal impact on Command manning and mission readiness.
- Introduction of this power point presentation is to serve as a “Tool” to help you complete your PHA online. Here you will find interactive web links and step-by-step examples to complete your PHA online (IMR report printout from BOL, Health Risk Appraisal (HRA) and other questionnaires as required).

PHA Online

GOVERNING INSTRUCTION

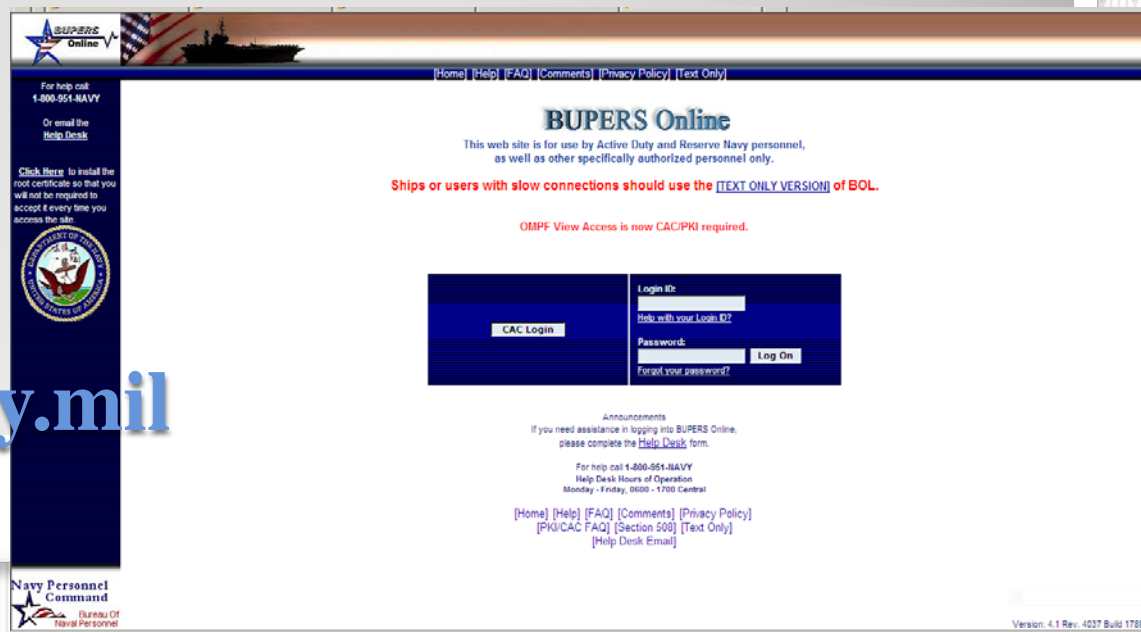
- SECNAVINST 6120.3 directs the completion of an annual PHA on the individual member's birth month. Fulfilling this directive will be accomplished through cooperative efforts through your Command appointed CFL's, Medical Department Representatives, and your Leadership.
- What you need as a service members to start your PHA:
 - Access to a computer, Log into BUPERS Online, print your IMR report
 - Enrollment in Relay Health through computer with internet connection
 - Request readiness labs from your Primary Care Manager (PCM) via Relay Health
 - Complete your online Health Risk Appraisal (HRA) survey
 - Complete your PDHA, PDHRA/MHA if deployed within the last 12 months or overdue
 - Finally, Schedule your PHA appointment

PHA Online

- PHA's were introduced in 2007 as the primary tool to verify various elements of Deployment Health and Medical Readiness. The Annual PHA replaces the 5yr physical exam for Active Component and the 6120/3 Annual Certificate of Physical Examinations for Reserve Component
- During your annual PHA, you will receive a Face-to-Face assessment of your health status and review of other pertinent medical readiness information by a qualified Deployment Health Provider at Deployment Health Center.
- PHAs are required during your Birth Month, if permitted.

Why is a PHA Required?

- First, start by following our link to [BUPERS Online](https://www.bol.navy.mil) (BOL) and Log in.
- STEP1, you can click the link for Individual Medical Readiness (IMR) Status.
- STEP 2, on the next screen, click on “LAUNCH MRRS”
- STEP 3, at this point you will be looking at your very own medical readiness information. At the right-top area, next to your IMR status, is a button labeled “Printer Friendly.” Click print to print your IMR report.
- Your personal IMR print-out from BOL will be utilized to help you complete the checklist deficiencies or overdue sections.



<https://www.bol.navy.mil>



BOL Application Menu

[Application List]
[Update Info]
[Change Password]
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ADMITS
[Advancements/Selection Boards]
[Application (FORMAN) Status]
[ARPR/ASOSH Online]
[Configuration Management]
[Exchanges Of Duty (SWAPS)]
[FITREP/Eval Reports]
[Individual Medical Readiness (IMR) Status]
[Military Locator System]
[NavPers Legacy & ITEMPO]
[Navy Personnel Command]
[Navy-Marine Corps Mobilization Processing System (NMCMP)]
[ODC, OSR, PSR]
[Official Military Personnel File (OMPF) - My Record]
[Personnel Action Request 1306/7]
[PRIMS]
[Request Record on CD]
[Selection Board Member/Recorder Training]
[Selective Reenlistment Bonus]
[StayNAVY Pay and Comp Calculator]
[StayNAVY Retirement Calculator]
[StayNAVY SRB Calculator]
[Update Race/Ethnicity Preference]
[View IA Orders]
[View Orders]

Step 1
After logging-in

Example images from
BUPERS Online IMR

Step 2

Welcome to MRRS(Medical Readiness Reporting System)

IMR is an integral component of force health protection and measures a Sailor's or Marine's ability to deploy rapidly. IMR is also a direct reflection of a unit's capability to sustain its mission. Tracking of IMR benefits the service member and unit by ensuring service members are protected against infectious and endemic diseases, can safely receive prophylaxis and treatments, and are in a state of dental readiness. Please contact medical to schedule an appointment to resolve any deficiencies you may have.

PRIVACY ACT

LAUNCH MRRS

RETURN TO BOL

Step 3
Print IMR



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World Class Care...Anytime, Anywhere



Please allow 5 business days from your last appointment date for updates to appear.
If updates do not appear within that time frame please contact medical.

Name:		IMR Status =	Fully Medically Ready	Printer Friendly				
UIC:								
Report Date:	27-Jun-12							
PHA and Readiness Labs		Immunizations						
Element	Date	Next Due	Type	Series	Required	Date Given	Next Due	
PHA	26-Mar-12	26-Mar-13	FLU - Influenza		Y	22-Aug-11	01-Sep-12	
Blood Type	On File	N/A	HEPA - Hepatitis A	2	Y	22-Jul-97		
GSPD	10-Feb-09	N/A	HEPB - Hepatitis B	3	Y	22-Aug-99		
DNA Verified on File	08-Jul-97	N/A	MMR - Measles, Mumps, & Rubella		Y	08-Sep-98		
HIV Compliance	20-Jan-12	20-Jan-14	POLIO		Y	12-Feb-09		
Dental Readiness		TETA - Tetanus				Y	10-Feb-09	08-Feb-19
Element	Exam Date	Class	Next Due	VARIC - Varicella		Y		
Dental	22-Mar-12	2	01-May-13	ADNV - Adenovirus		N	21-Mar-97	
Medical Equipment		ANTHX - Anthrax			B	N	22-Oct-09	
Type		Date	CHOL - Cholera		N			
Gas Mask Inserts		N/A	H1N1		N	24-Nov-09		
Medical Warning Tag		N/A	JEV - Japanese Encephalitis	3	N	09-Sep-98		
Glasses		N/A	MGC - Meningococcal		N	10-Feb-09		
Deployment Limiting Conditions		PNEUM - Pneumococcal				N		
Condition		Date	RABIE - Rabies		N			
N/A			SPOX - Smallpox		N			
Post Deployment Health Assessments		TwinRx - Combination Hepatitis A and B				N		
Type	Date	Status	TYPH - Typhoid	11	N	12-Feb-09		
PDHA (DD-2796)		N/A	Y/LWFV - Yellow Fever		N	22-Oct-09		
PDHRA(DD-2900)	14-Jul-10	N/A	Tuberculin Skin Test					
			Date TST Placed	Date TST Read	Next Due	Reactor	TB Questionnaire Date	
			22-Feb-12	26-Feb-12	24-Feb-13	N		

- Second, enroll in [Relay Health](#)
- Relay Health is an additional “Tool” that assist you with communicating directly with your PCM as needed. For your PHA, your PCM will play an active role if required. PCMs will now be ordering your labs (Lipids/Glucose and other readiness labs) if required to update your IMR. Ultimately, it is your responsibility to request that the labs be ordered under Relay Health via email. If you do not know who is your assigned PCM is, call 1-877-TRICARE or 757-953-8708 during business hours of M-F 0700-1500
- This is a change from our old way of the PHA process to order labs. Now your PCM will have an integral role for your IMR and oversight of readiness labs for continuity of care as you update your readiness. If additional labs are required to further evaluate your initial labs, your PCM will email you with further directions.
- After enrolling in Relay Health, Don't forget to accept Relay Health's invitation through your email to participate in Relay Health's services

<https://app.relayhealth.com/Registration.aspx>

RelayHealth

Sign In Register Find a Doctor

Step 1
Click and Start

Click to register.

Provider

Doctors
Nurse Practitioners
Physician Assistants
[View a registration checklist](#)

Patient

You
Your Children
Your Family Members

Office Staff

Nurses
Office Managers
Assistants

Step 3
Congratulations

Home Your Doctors Message Center Health Records Account

RelayHealth

Sign In Register Find a Doctor

Step 2
Complete fields

Register Your Account

Preferred Language * English

Parents, please enter your own information here. You can add family member(s) to your account AFTER completing this first step.

First Name *

Middle Name

Last Name *

Date of Birth *

Gender * ☐ Male ☐ Female

E-Mail *

ZIP/Postal Code *

Sign-In Information

You may use your e-mail address as your User ID.

User ID *

Personal e-mail address is easy to remember

Password *

Re-type Password *

At least 6 characters, no spaces

[Q: How will you ensure my privacy?](#)

[Q: How do I communicate on behalf of my family member\(s\)?](#)

[Q: How will you use my e-mail address?](#)

[Q: What makes a good User ID?](#)

[Q: What makes a good password?](#)

Enrollment is completed in 3 steps

Example images from Relay Health

Congratulations!

You've completed the first step toward securely managing your healthcare online.

✓ Registration Complete

Demographic Information, Health Plan Information, Terms of Use

● Setup Wizard

Select the doctor you would like to communicate with online. Optionally, add or remove patients in this account.

Start the Setup Wizard

Take Me to My Home Page

Powered by **RelayHealth**

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Questions, comments, or suggestions? [Contact RelayHealth](#)



Welcome

PRIVACY ACT STATEMENT

AUTHORITY: 10 U.S.C., 8013

PURPOSE: To collect health related information from military members and Navy civilians in order to be able to provide them with personalized assessments and health education related to their specific health behaviors. To collect aggregate data in order to provide the most appropriate health education programming.

ROUTINE USES: To assess health lifestyles and risk factors related to disease and injury.

Responses by individuals can be collected and analyzed as a group to assess the overall health of commands. Results will be reported in summary form only without personal identifying data. Personnel who wish to share this information with their Medical Department Representative and receive individual counseling can print this report. It will be treated as privileged information

DISCLOSURE: Completion of this form is highly desirable, but not mandatory.

Completion of this form is designed for your benefit, but will also help determine health promotion program efforts, serve as a baseline needs assessment and help evaluate effectiveness of health promotion programs. General information may be disclosed to publish statistical trends in health status indicators over time. No individual data will be disclosed.

Please enter your UIC, as directed by your command HRA Administrator

LOGIN

[Navy and Marine Corps Public Health Center](#)

Need Help? Please Click on the link above

[Exit](#)

Navy Online

Third, every service member is required to complete an appraisal survey annually

https://nmcpeh-web2.med.navy.mil/pls/newhra/dsc6pop.NEHCha_Login

After completing, immediately print your survey and hand carry to your PHA appointment (surveys are not saved on a server to retrieve at a later date).

Health Risk Appraisal



Follow your IMR report from left to right while using this Power Point Presentation to aid you in identifying your “Due” sections. Then use your Checklist to update your “Due” sections.

Ready to Review your IMR Report?

- Readiness labs are an essential component of your PHA. Please verify if you have an HIV, G6PD, DNA or Blood Type recorded within your IMR report. These are required.
- To request your Readiness labs, please email your PCM through Relay Health with the Subject line "PHA Labs"
- Lipid Panel & Glucose lab is a preventive tool (Not Readiness Lab) used by the provider during your PHA appointment to evaluate for the development of earlier cardiac risk factors and Lipid Disorders. Working with your PHA Provider and PCM, you will discuss & identify early preventive measures to reduce your future risks and start a healthier lifestyle to eliminate them. Please review the current guidelines of the US Preventive Services Task Force to see if you meet criteria to request a Lipid Panel and Glucose Lab test (Fasting is required for 12hours).
- <http://www.uspreventiveservicestaskforce.org/uspstf/uspschol.htm>

Readiness Labs

Dental Readiness

- Dental exams are required annually, preferably Birth Month.
- -Class 1 or 2 are considered World Wide Deployable
- -Class 3 & 4 are not considered World Wide Deployable and require an immediate dental exam
- Dental Appointment Line: (757) 953-8526

Optometry Exams

- For personnel who use prescriptive eyewear (Glasses), you are required to schedule a visual examination every 2yrs through the Optometry Dept.
- Personnel who have never required prescriptive eyewear, an exam is required every 5 yrs or sooner if there are complains of decreased visual acuity.
- Visual Acuity exams are performed annually at Deployment Health Center during your PHA appt.

Readiness Exams

- Up-to-date Medical Equipment is required for all service members who have been identified to require Gas Mask Inserts, Medical Warning Tags for Allergies/Other and Wear Prescriptive Eyewear (Military Issue).
- Review your IMR report to see if “Medical Equipment” section applies to you. If you require new or updated medical equipment, please inform Deployment Health Center staff during your PHA appointment or call at (757) 953-9042 to request your required medical equipment.
- Medical equipment subject to deployment status & platform
- If no Medical Equipment is required then this section does not apply to you, skip.

Medical Equipment

- You will see this section in your IMR report but may or may not see information within the fields.
- When these fields have data within them, it has been identified that you have had or currently have a medical condition that prohibits your readiness from reading as “Fully Medically Ready” or being World Wide Deployable.
- Any condition identified, requires a PCM or medical specialist evaluation to determine if you will continue to have limiting status or can return to “Full Duty” status.
- Examples of some limiting conditions but not limited to are pregnancy, fractures of bones, Metabolic disorders or Cancer. Please inform your PHA provider if any of these or other limiting conditions exist in your IMR report.

Deploying Limited Conditions

accelerate your life. **EDHA Global :: Electronic Deployment Health Assessment (EDHA)** Help About

Welcome to the U.S. Navy's Electronic Deployment Health Assessment Database (EDHA). To login, please enter your Login ID and password below.

Login ID: Password:

[Forgot Your Password?](#)

[New User? \(Local Admins/Providers, see below\)](#)

NEW: If prompted, please complete ONLY the required fields in the **My Profile** (bottom) portion of your profile. This website requires Internet Explorer 6.0 with pop-up blocking turned off.

If you are a Provider and need to register, contact your Local Administrator (EDHA POC), or NMCPHC at (757) 953-0717 or send email to: edha@nmc.med.navy.mil

If you are a member of the Reserve Component, to complete this Assessment, you must contact the PDHRA CALL CENTER for a health care provider review: 1-888-PDHRA-99.

If you are a member of the Active Component, your Unit will provide direction for the health care provider review process.

NEW PROCEDURE FOR LOCAL ADMINISTRATORS AND PROVIDERS!

Local Admins and Providers only--Please read this document for obtaining access: [Instructions for EDHA Access](#)

System Authorization Access Request Form: [DD2873](#)

Privacy Act Statements: Authority: 10 U.S.C. 136 Chapter 55, 1074f, 3013, 5013, 8013 and E.O. 9397 Principal Purpose: To assess your state of health after deployment outside the United States in support of military operations and to assist military healthcare providers in identifying and providing present and future medical care to you. Routine Use: To other Federal and State agencies and civilian healthcare providers, as necessary, in order to provide necessary medical care and treatment.

Per BUMEDNOTE 6100 of 05 April 2012, the Mental Health Assessment (MHA) will be conducted in coordination with the Pre-Deployment Health Assessment (DD2795) and Post-Deployment Health Re-Assessment (DD2900) starting on 16 April 2012.

This will require all providers to successfully complete the MHA Training s (<http://fhpr.osd.mil/mha/>) prior to reviewing and certifying the PDHA/PDHRA and MHA.

Online Training Video for Mental Health Assessment (MHA)

Three online training videos have been prepared for Mental Health Assessment Healthcare Providers. Please select any of the desired surveys to start the training video:

- Pre-Deployment Health Assessment (PreDHA) Mental Health Assessment
- Post-Deployment Health Re-Assessment (PDHRA) Mental Health Assessment
- Mental Health Assessment - Provider Section

Step 1
Go to Webpage
and click New User

accelerate your life. **EDHA Global :: Enter a Passphrase** Help About

Instructions: Enter a valid Passphrase to register with the EDHA Database. Remember the Passphrase is case sensitive. You may get a valid Passphrase from your Local Administrator.

Passphrase:

Step 2:
Enter passphrase
Activenavy1#
(case sensitive)

Return users follow the log in process.

Do not overlook the Post Deployment Health Assessment section. If you IMR shows that you are "Due or Overdue" for a PDHA, PDHRA or MHA, your IMR will not be recognized as updated until you have an up-to-date assessment and certified by a Provider. You may complete this section by going to <https://data.nmcphe.med.navy.mil/edha/> . Just follow the directions as seen above.

Electronic Deployment Health Assessment (EDHA)

- Immunizations have been a part of your medical readiness since you entered the Armed Forces.
- Immunizations section within your IMR report will identify what immunizations are required or “Due”.
- Most common immunizations required annually are Influenza and Tuberculin Skin Test (aka PPD)
- Immunization Department at BHC NAVSTA Norfolk is a walk-in clinic from 0715-1430 M-Th and 0715-1200 on Fridays.
- For further information regarding required immunizations and requirements for specific regions you can visit <http://www.vaccines.mil/>

Immunizations

- Women's Health is a vital aspect of your medical readiness.
- It is recommended by the Manual of the Medical Department (MANMED) P-117 Ch 15 article 15-112 (page 15-106) that all women annual health assessments be performed in conjunction with your PHA. If applicable to your readiness, you may schedule these services prior to your PHA appointment through your PCM at Relay Health
- **PAP exam is part of your IMR, PAP is required every 2yrs for women 21-29yrs and every 3 yrs for women 30 yrs or older unless specified otherwise by your PCM**
- Annual health assessment requirements encompass but are not limited to weight (BMI), blood pressure, Chlamydia/Gonorrhea (criteria outlined if applicable), cervical cancer screening through PAP smear exam (dependent on multiple factors), breast cancer screening after age 40 with mammography study and other assessments as recommended by the <http://www.acog.org> and <http://www.uspreventiveservicestaskforce.org/>
- To inquire if any of these recommendations pertain to you, you may contact your PCM via email at Relay Health or you may call us at Deployment Health Center (757) 953-9042.

Women's Health

- Special Duty Exams and Certificates are required for specific assignment, platforms, NECs or designators while stationed at NAVSTA Norfolk and tenant Commands. For further information regarding these programs and your status, you may contact your Unit Readiness Representative or CFL.
- It is your responsibility to identify if these exams or certificates are expired or overdue. You must schedule an appointment with the designated clinic (Occupational Medicine) who initially performed the exam and have them update your certificate. This may be performed prior or after your PHA appointment.
- Note – These exams & certificates will not appear within your IMR report when viewed on BUPERS Online but it is still part of your medical readiness.

Occupational Health Certification and Surveillance Programs

- In order to optimize scarce resources and enhance customer utilization of the online PHA process, we strongly encourage you utilize your command leadership, CFL's and MDR's as needed for assistance with starting your PHA.
- The checklist is your "Tool" for keeping track of what you have completed and what you still need to do.
- Use it in conjunction with your IMR print out.
- Once you have completed all your deficiencies/Overdue sections within your checklist, you may schedule your PHA appointment. Seeing the PHA provider will be your final step in completing your PHA.
- Call the Hampton Roads appointment line at 1-866-MIL-HLTH to schedule your PHA.
- Do not schedule an appointment for a date/time less than 72 hours after giving blood.

The Checklist

Assistance with the PHA process or the checklist you may call (757) 953-9042



Now you are Fully Medically Ready